

diabetes. African Americans are 1.8 times more likely to have diabetes as non-Hispanic whites.

If diabetes is left untreated it often results in blindness, kidney disease, amputations, nerve damage, heart disease, stroke and ultimately, death. However, diabetes can be managed and prevented. A balanced diet and regular exercise could keep our citizens healthy. I am pleased to have the headquarters for the American Dietetic Association (ADA) in my Congressional District. The ADA is the foremost authority in providing nutrition counseling throughout the country. In fact, the more than 71,000 registered dietitians and nutrition professionals who are members support the "eat right" campaign targeted toward young people and older Americans. The work that they are doing is making a difference in the fight against childhood obesity and diabetes and is improving the health of our nation.

We must work to get Medical Nutrition Therapy covered by Medicare for beneficiaries diagnosed with pre-diabetes. Nutrition therapy provided by registered dietitians has a proven track record of preventing diabetes through lifestyle changes than simply cannot be made without this assistance for the majority of those who suffer. There are more than 57 million people diagnosed with pre-diabetes—meaning they are on their way to developing full diabetes. By helping people with pre-diabetes, Medicare will avoid having to pay for the much more expensive treatment of diabetes and its debilitating side effects. It seems prudent to assist our citizens with sound nutrition information and to help them make lifestyle changes at a cost minimal to that of amputations and other treatments.

The real world impact of covering Medical Nutrition Therapy is that we will shift from health insurance to "health assurance" in our efforts. Consider that the total cost of diabetes in 2007 was determined to be \$218 billion—yes, billion with a "b".

I want to commend Jewel-Osco stores for providing free nutrition education from registered dietitians to individuals who shop at the stores in Chicago and throughout the nation. These types of programs which pair pharmacists and registered dietitians with consumers will help in our awareness and education campaign.

Finally, I applaud those churches that have a focus on nutrition and exercise as a part of the well-being of their congregation.

#### HONORING BILL TIGHE

#### HON. EDWARD J. MARKEY

OF MASSACHUSETTS

IN THE HOUSE OF REPRESENTATIVES

Thursday, November 18, 2010

Mr. MARKEY. Madam Speaker, I rise today to honor and celebrate the coaching career of Mr. Bill Tighe. Coach Tighe is the oldest active high school head football coach in the country at age 86. He will conclude his 52nd year as a head coach when his Lexington High School squad meets their rival Burlington High School on Thanksgiving morning.

Coach Tighe was a standout three-sport athlete at Ashland High School, and upon graduation he served in the United States Air Force for three years as a P-38 crew chief during World War II. After completing his serv-

ice to our nation, he attended Boston University where he starred for the Terrier football and baseball teams. Known as a selfless teammate with a tireless work ethic, Bill Tighe, the incredible athlete was destined to be Bill Tighe, the legendary coach.

Madam Speaker, Bill began his remarkable career at Wakefield High School in 1949 as an assistant football coach and was elevated to head coach in 1957. During his 52 years as head football coach at Wakefield High School, Malden High School and Lexington High School, Bill won 9 league championships and amassed an overall record of 268 wins, 232 losses and 13 ties. Bill's commitment to excellence is well known throughout Massachusetts and New England, and he has been inducted into the Wakefield High School, Malden High School, Lexington High School, Boston University, Massachusetts Football Coaches and National Federation of Interscholastic Coaches Association Halls of Fame.

Bill Tighe's success on the football field is surpassed only by the enormous impact he has had on his players' lives off the football field. Coach Tighe taught all the young athletes under his tutelage the importance of sacrifice, discipline and commitment. Coach Tighe also stressed the importance of academic achievement and the value of a strong education. He is credited with helping thousands of young scholar athletes continue their education in college.

Madam Speaker, on Thanksgiving morning Bill Tighe will be surrounded by family, friends, professional colleagues and former student athletes in order to celebrate his legendary coaching career. I join them in thanking Coach Tighe for the amazing contributions he has made to the Towns of Wakefield and Lexington, the City of Malden, the Commonwealth of Massachusetts and the United States of America.

#### HONORING THE BEST OF AMERICA

#### HON. NICK J. RAHALL II

OF WEST VIRGINIA

IN THE HOUSE OF REPRESENTATIVES

Thursday, November 18, 2010

Mr. RAHALL. Madam Speaker, this Thanksgiving, as we have since the first, Americans will set aside one day to focus on those blessings that have been granted to us.

For the roof over our heads, for the health of our families, for the food on our plates—no matter how simple the meal—for the hand that holds ours as we gather around the table, we will, on this one very American day, bow our heads in prayer and we will be truly thankful.

To me, the best of America is on display at Thanksgiving.

Here we stand, for example: we Americans, facing difficult times, with our economy sluggish, with far too many jobless, and far too many others worrying about the future of their own jobs. Yet, many of us will invite strangers to our tables, or donate food to shelters, or serve up turkey dinners at a local soup kitchen, and we will appreciate even more deeply, the grace of God that has spared us similar trials. Even many of those who are struggling, whose tables may be leaner than usual, will take the time to give of what they have so that others do not go hungry on this day.

Though that generosity, that neighborliness, the kindness, charity, and faithfulness come to

the fore most prevalently on this one day of the year, I know—and all West Virginians know, that these qualities live on throughout the year in communities, large and small, urban and rural, throughout our State.

And, I believe that this Nation would be better off if more Americans followed the example set in our State and devoted a greater share of their year, each year, to practicing the kindness and generosity, as well as exercising the grit and determination that comprise the West Virginia character.

I am reminded of our Senator Byrd, who would have marked his 93rd birthday on November 20th, and his regular admonishment to West Virginians to hold on to those "old values" and to tap them for the betterment of the Nation. He would have taken to the Senate Floor in the days leading up to Thanksgiving to remind us all of our common history as Americans. He would have talked about the principles upon which this Nation was founded and urged us to set aside those petty differences that undermine our quest for the common good.

Oh, how we could use Senator Byrd's wisdom, his reasonableness, and his guidance today.

Our State has had more than its fair share of economic strife. But we hold tight to our faith and we marshal on, working hard side by side, to create a better future for ourselves and our children.

In the wake of natural disasters, West Virginians reach out to their neighbors to give whatever they can afford, and often more. It has never been the West Virginia way to turn our backs on those in need, and it has never been in the character of West Virginians to throw in the towel when things get tough.

So this Thanksgiving, as we pause to reflect on our blessings and to express our thanks to our Creator for all that we have, I hope that all Americans will also commit to exhibiting the spirit that surfaces on this day throughout the year ahead.

There is no challenge confronting us that we cannot overcome if we join forces and put old-fashioned American know-how to work.

#### HONORING FRANK PUGH

#### HON. LYNN C. WOOLSEY

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Thursday, November 18, 2010

Ms. WOOLSEY. Madam Speaker, I rise today to honor the work of Frank Pugh, the outgoing 2010 President of the California School Boards Association. His civic leadership and commitment to education have benefited students across Sonoma County and California.

Since he began teaching at Santa Rosa Junior College in 1979, Frank Pugh has distinguished himself as a dynamic educator in our community. His passion for electronics and technology has made him not only an effective lecturer, but a respected authority, author of seven textbooks and four magazine articles in his field.

Mr. Pugh has also taken on numerous leadership responsibilities at administrative and advisory levels, contributing a teacher's invaluable perspective to debates on the governance of our schools and the future direction of